



Healthy Holiday RECIPE BOOK



FUNCTIONAL
MEDICAL INSTITUTE

Cauliflower “Mashed Potatoes”

Ingredients

- 3 tbsp olive oil
- 1 medium onion, diced
- 4 stalks celery, sliced
- 1 large cauliflower, trimmed
- ⅓ tsp sea salt
- 1 clove garlic
- Chives for garnish
- ⅓ cup grated Parmesan cheese

Directions

1. Bring a large pot of salted water to a boil, add cauliflower, garlic, onion, and celery. Cook for 10 minutes or until cauliflower is fork tender.
2. Drain and return to hot pot and let stand for 2-3 minutes with lid on.
3. Lift cauliflower out of pot and into food processor (leave remaining liquid in pot, do not pour into food processor).
4. Add Parmesan cheese, drizzle with olive oil, salt and pepper, and puree until smooth.
5. Adjust salt and pepper to taste; garnish with chives.

Cauliflower, Parsnip & Roasted Garlic Mash

Ingredients

- 2 lbs parsnips, peeled and cubed
- 2 heads cauliflower, trimmed
- 1 head roasted garlic
- 4 tbsp ghee
- Sea salt
- Black pepper

Directions

1. Preheat oven to 400 degrees.
2. Remove top ½ inch of the head of garlic. Place in center of a small piece of foil. Drizzle garlic with small amount of olive oil and lightly season with salt and pepper. Wrap foil around garlic and place directly onto the center rack.
3. Roast 20-25 minutes, or until garlic is fork tender and caramelized.
4. Allow garlic to cool to the touch, uncovered. Squeeze the garlic skins to release cloves and discard the peel. Set garlic cloves aside.
5. While garlic is roasting, bring large pot of water to a boil. Add parsnips and boil for 8 minutes. Then, add cauliflower and boil for another 10-12 minutes, until fork tender.
6. Drain water and transfer to a food processor or blender. Add roasted garlic, ghee, salt and pepper.
7. Process until creamy smooth and fluffy. Taste and adjust seasonings as necessary.

Tip: Add chopped chives, thyme or rosemary.

Almond Flour Pie Crust

Ingredients

- 1 ½ cups blanched almond flour
- ½ cup tapioca
- ¼ tsp sea salt
- 2 tbsp ghee
- 1 tbsp water
- 1 large egg, whisked

Directions

1. Combine almond flour, tapioca flour and sea salt into a large bowl. Stir until well combined.
2. Add ghee using a fork to make mixture “sandy”.
3. Stir in the whisked egg and water with a fork until large clumps begin to form, then use your hands to knead the dough until well combined (the dough should be slightly moist, not crumbly).
4. Press the dough into the bottom of a 9” springform pan and up along the edges.

Pumpkin Pie Filling

Ingredients

- 15 oz can organic pumpkin
- 3 eggs
- ¼ c honey or pure maple syrup
- 1 tbsp pumpkin pie spice
- 1 tsp natural vanilla

Directions

1. Preheat oven to 325 degrees.
2. Using an immersion blender (or blender/food processor), combine all ingredients until smooth. Use almond milk to achieve desired consistency, if needed.
3. Pour filling into the almond flour pie crust, smooth out the top, and bake for approximately one hour (or until center is no longer “jiggly”).

Apple Pie Filling

Ingredients

- 5 medium granny smith apples, peeled and diced
- 4 tbsp ghee
- ½ c raw honey
- 1 tbsp arrowroot
- 2 tsp cinnamon
- 1 tsp nutmeg
- ⅛ tsp cloves
- 1 tbsp vanilla extract

Directions

1. Preheat oven to 350 degrees.
2. Melt ghee in a pot on medium heat.
3. Add honey, apples and spices. Stir mixture until apples are covered. Add arrowroot and mix well. Add vanilla extract and turn off the heat. Let cool for 10 minutes.
4. Double the Almond Flour Pie Crust recipe. Press half of the dough into the bottom of a 9” pie pan. Fill with apple mixture.
5. Roll out the remaining dough on parchment paper and cut into one-inch strips. Use strips to create a lattice on top of the pie. Use a fork to press into edges.
6. Bake for 25 minutes.

Squash & Celeriac Quinoa Stuffing

Ingredients

- 1 cup quinoa
- 2 cups water
- 1 cup diced celeriac (celery root)
- 1 butternut squash, diced
- 1 medium onion, chopped
- 2 cloves garlic
- 1 tsp ground sage
- 1 tsp thyme
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp pepper
- $\frac{1}{4}$ cup freshly chopped parsley
- $\frac{1}{4}$ cup hazelnuts, chopped
- 3 tbsp olive oil
- 2 tbsp ghee

Directions

1. Rinse quinoa, pour in a saucepan with 2 cups water and bring to a boil. Avoid stirring and let boil until the quinoa absorbs all the remaining water; approximately 10-15 minutes. Set aside in a large mixing bowl.
2. Heat ghee and olive oil in a pan; add garlic, onions, butternut squash and celeriac. Cook on medium heat, stirring frequently until vegetables are fork tender, about 20 minutes.
3. Once vegetables are softened, add the thyme, sage, salt and pepper; stir to coat evenly.
4. Add vegetable mixture to quinoa and stir to combine. Mix in chopped parsley, hazelnuts and remaining olive oil; toss until everything is evenly distributed.

Tip: You can also add sulfite-free dried apricots and cranberries (chopped).

Quinoa Salad with Pistachios and Cranberries

Sherry Vinaigrette Ingredients

- 2 tbsp minced shallots
- 1 tbsp sherry vinegar
- 4 tbsp extra virgin olive oil
- 2 tbsp cold water
- ¼ tsp sea salt
- Black pepper

Quinoa Salad Ingredients

- ⅓ c shelled pistachios
- 1 cup quinoa
- 1 ½ cup cold water
- 2 stalks celery, thinly sliced
- 3 scallions, thinly sliced
- ¼ c dried cranberries, coarsely chopped
- ½ tsp sea salt

Directions

1. Preheat oven to 350 degrees.
2. Place shallots, vinegar, salt and pepper into a small bowl. Slowly pour 2 tbsp olive oil into the bowl while stirring constantly with a fork. Add water and then stir in remaining 2 tbsp olive oil.
3. Arrange pistachios in a single layer on a baking sheet and toast until they are lightly browned, approximately 10 minutes. Transfer to a plate and let them cool. Once cooled, coarsely chop the pistachios.
4. Toast quinoa in a skillet over medium high heat until it begins to brown, about 5 minutes. Transfer to pot, add water and salt, cover and bring to a simmer. Cook until quinoa is soft but still has a little texture left, about 15 minutes. All the water should be absorbed. Transfer quinoa to bowl and let cool.
5. Add pistachios, celery, scallions and cranberries to quinoa. Toss to combine.
6. Dress quinoa salad with vinaigrette.

Tip: If not serving immediately, refrigerate the salad, but allow a little time to come to room temperature before serving.